

Statistics Report 09413, Pears, raw, red anjou
Report Date: June 30, 2017 20:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	84.24	8	0.125	83.13	84.68	1.0	83.395	85.087	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	261	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein 1 2	g	0.33	8	0.025	0.22	0.39	2.0	0.221	0.442	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) 1 2	g	0.14	6	0.037	0.07	0.3	3.0	0.031	0.259	2	Analytical or derived from analytical	--	08/2012
Ash 1 2	g	0.35	6	0.046	0.25	0.49	2.0	0.148	0.547	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	14.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary 1 2	g	3.0	6	0.156	2.7	3.4	3.0	2.51	3.563	2	Analytical or derived from analytical	--	08/2012
Sugars, total 1 2	g	9.54	6	0.386	8.47	11.68	1.0	6.489	12.591	2	Analytical or derived from analytical	--	08/2012

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Sucrose 1 2	g	0.26	6	0.054	0.14	0.49	3.0	0.088	0.424	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) 1 2	g	2.74	6	0.262	1.79	4.92	1.0	0.385	5.098	2	Analytical or derived from analytical	--	08/2012
Fructose 1 2	g	6.48	6	0.091	5.94	6.86	4.0	6.221	6.731	2	Analytical or derived from analytical	--	08/2012
Minerals													
Calcium, Ca 1 2	mg	11	4	0.491	8	13	1.0	4.877	17.193	2	Analytical or derived from analytical	--	08/2012
Iron, Fe 1 2	mg	0.19	3	0.004	0.13	0.29	1.0	0.139	0.233	2	Analytical or derived from analytical	--	08/2012
Magnesium, Mg 1 2	mg	7	4	0.058	7	7	2.0	6.687	7.313	2	Analytical or derived from analytical	--	08/2012
Phosphorus, P 1 2	mg	13	4	0.035	13	14	2.0	13.298	13.602	2	Analytical or derived from analytical	--	08/2012
Potassium, K 1 2	mg	123	4	2.750	112	128	1.0	87.808	157.692	2	Analytical or derived from analytical	--	08/2012
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Zinc, Zn 1 2	mg	0.13	4	0.004	0.11	0.16	2.0	0.115	0.15	2	Analytical or derived from analytical	--	08/2012

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Copper, Cu 1 2	mg	0.070	4	0.002	0.06	0.07	1.0	0.045	0.096	2	Analytical or derived from analytical	--	08/2012
Manganese, Mn 1 2	mg	0.056	3	0.000	0.05	0.07	1.0	0.052	0.061	2	Analytical or derived from analytical	--	08/2012
Selenium, Se 2	µg	0.1	2	--	0.1	0.1	1.0	--	--	1	Analytical or derived from analytical	--	08/2012
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	5.2	4	0.226	4.2	5.7	1.0	2.424	7.911	2	Analytical or derived from analytical	--	08/2012
Thiamin 1 2	mg	0.012	4	0.003	0.01	0.02	2.0	-0.002	0.027	2	Analytical or derived from analytical	--	08/2012
Riboflavin 1 2	mg	0.028	4	0.005	0.01	0.05	1.0	-0.018	0.075	2	Analytical or derived from analytical	--	08/2012
Niacin 1 2	mg	0.162	4	0.005	0.15	0.17	1.0	0.098	0.226	2	Analytical or derived from analytical	--	08/2012
Pantothenic acid 1 2	mg	0.053	3	0.007	0.03	0.08	1.0	-0.033	0.139	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 1 2	mg	0.039	4	0.002	0.04	0.04	2.0	0.032	0.047	2	Analytical or derived from analytical	--	08/2012
Folate, total 1 2	µg	7	4	0.757	4	8	1.0	-2.526	16.711	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	7	4	0.757	4	8	1.0	-2.526	16.711	2	Analytical or derived from analytical	--	08/2012
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, RAE 1 2	µg	1	3	0.028	0	2	1.0	0.758	1.464	2	Analytical or derived from analytical	--	08/2012
Carotene, beta 1 2	µg	14	4	3.010	5	28	1.0	-23.285	50.785	2	Analytical or derived from analytical	--	08/2012
Carotene, alpha 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta 1 2	µg	1	4	0.250	0	3	1.0	-1.927	4.427	2	Analytical or derived from analytical	--	08/2012
Vitamin A, IU	IU	24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lycopene 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Lutein + zeaxanthin 1 2	µg	53	4	4.100	41	67	2.0	34.447	72.053	2	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin K (phylloquinone) 1 2	µg	4.9	4	0.278	3.7	5.7	1.0	1.722	8.129	2	Analytical or derived from analytical	--	08/2012

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Amino Acids													
Tryptophan 2	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Threonine 2	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Isoleucine 2	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Leucine 2	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lysine 2	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Methionine 2	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Cystine 2	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Phenylalanine 2	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Tyrosine 2	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

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Valine 2	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Arginine 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Histidine 2	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Alanine 2	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Aspartic acid 2	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Glutamic acid 2	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Glycine 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Proline 2	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Serine 2	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Proanthocyanidin													
Proanthocyanidin dimers ³	mg	2.8	--	1.25	1.55	4.33	--	--	--	--	--	--	--
Proanthocyanidin trimers ³	mg	2.3	--	0.92	1.37	3.36	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ³	mg	6.5	--	1.87	4.66	8.96	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ³	mg	4.6	--	0.97	3.68	5.91	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ³	mg	13.1	--	11.3	0.97	23.32	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5a, 2001 Beltsville MD

³Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617